

FEELINGS JAR

Feelings come and go as different things happen to you. This is what makes it possible to feel happy, sad, angry and excited all in one day. Sometimes we even feel many different emotions about one thing. While some emotions are uncomfortable, no emotion is "bad." Your emotions function as part of your body's natural alarm system which tells you that you are having a reaction to something that is happening to and/or around you.

What feelings do you find yourself experiencing most often?

Afraid
Aggressive
Angry
Annoyed
Anxious
Arrogant
Bored
Cautious
Cold
Confident
Confused
Curious
Disappointed
Disgusted
Doubtful
Ecstatic
Embarrassed
Enraged
Excited
Exhausted
Frightened
Frustrated
Guilty
Goofy
Happy
Hopeless



Horrified
Hurt
Indifferent
Innocent
Jealous
Joyful
Lazy
Lonely
Loving
Mischievous
Miserable
Negative
Optimistic
Paranoid
Regretful
Relieved
Sad
Self-pitying
Shocked
Shy
Silly
Sorry
Stubborn
Tense
Worried